

# UKS2

## Space and Social Distancing "Why is Space Important?"



**L.O. To understand why social distancing is important  
To know when to take time out to be alone and think**

This week's lesson is about helping to think about the changes that have happened why we have been away from school. Because the situation changes regularly, what we are talking about here may change in the days, weeks and months ahead.

We also know that the Covid-19 situation has affected different families in different ways. Please make sure that you talk to a trusted grown-up if anything in this lesson worries you or affects you.

### **Challenge**

Make a list of all the rules that have been made to keep people safe during the Covid 19 period. Can you say why each rule was made?

Ask an adult to make a list of the rules that they can think of. Do you have matching lists?

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Part of social distancing has been about creating space to keep people space.

How many meanings can you think of for the word "space"?

Perhaps you might want to create some artwork to show this?



What do you do when you see a spaceman?

Park your car, man!

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Imagine your classroom. Think about where there is space and where things get crowded.

How would you make sure there was enough space for everyone when they go to get their PE kit?

Can you think of three rules that might have to be in place in a classroom to help people have space?

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People sometimes talk about 'needing some space'.

What do you think they mean by this?

Why might some people find this an important thing to do?

Over the next few slides, we are going to see some ideas about loneliness and being lonely.

Can you suggest what the difference is?

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**Being alone is a state of being;  
loneliness is a state of mind.**

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"Why is Space Important?"



You can be happy while you are **alone**. The same can't be said for being **lonely**.



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"Why is Space Important?"



Sitting in a football stadium full of people, you can be **lonely**.  
It is not a question of numbers,  
but of emotions.

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"Why is Space Important?"



Being alone sometimes is perfectly healthy. **Loneliness** is not a healthy state.



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Lots of schools, just like in our school playground, have a friendship bench for children sit on if they a feeling lonely.

How would you support someone who was feeling lonely if you couldn't be close to them?

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Last PSHE lesson we looked at making “happy boxes”.

What if you need some space - a time to be alone.

Each of us lives in a different place –space may be easy to find or it might be tricky.

See if you can think of one place you can be when you need time to be alone.

It will be different for each of us, an involve doing (or not doing) different things.

See if you can find your space.

